

High School Sports Performance Training

This program, for grades 9-12, is ideal for current high school athletes that are looking to gain an edge on the competition. Whether you're looking to make a varsity team or earn a college scholarship, No-Limit's Sports Performance Training Program will help you maximize your potential. We provide coaching and guidance to increase strength, stamina, coordination, speed, and power that will enhance the students ability to compete in a sporting event. Students will also learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. At this level the strength program will start to look very similar to what they will experience at the college level. Classes limited to no more than 10 students.

Day: Tuesday & Friday Time: 3:15 – 4:15 p.m.

Session 1: 2/2, 2/5, 2/9, 2/12, 2/16, 2/19, 2/23, 2/26 (8 classes)

Session 2: 3/1, 3/4, 3/8, 3/11, 3/15, 3/18, 3/22, 3/25 (8 classes)

Fee: \$80.00 per session

Place: No-Limit Health & Fitness, 1120 Federal Road

Advanced Drawing and Watercolor

Beneath every painting there should be an accurate line drawing. Students in grades 9-12 will learn how to train their eyes to see accurate shapes, values and colors. They will learn how to use color theory; primary, secondary and complementary colors, along with warm and cool colors. Classes will involve drawing and painting sharp focus realistic still life paintings. This class is for the serious student who would like to produce exhibit worthy paintings and drawings. Instructor Victoria Lange is a professional artist and graduate of Paier College of Art. She has designed and illustrated for many greeting card companies including C.R. Gibson, Dayspring, and Henson Associates. Supplies are provided by the student and are estimated at \$125 for the session. (A supply list will be emailed to you along with your receipt at registration.)

Day: Wednesday Time: 2:30 – 4:00 p.m.

Dates: 1/27 – 3/23 (8 wks) – no class 2/17

Instructor: Victoria Lange Place: BHS Room

Fee: \$88.00



We are currently accepting applications for the following seasonal summer positions:

Lifeguard, Camp Counselor

Applicants for camp counselor must be at least 16 years old by the start of the camp season in June. The Town of Brookfield is an equal opportunity employer. Contact the Parks & Recreation Office at 775-7310 for more information or to request an application. Applications are also available for download from our website.

Deadline for applications: 3/28/16